



## Npaj Mus Ntsib Tus Kws Kho Hniav Thawj Zaug

- Pib so koj tus me nyuam lub qhov ncauj taum ntxov tom qab noj mov nrog ib daim phuam ntuav muag mos mos, huv si, thiab ntub dej.
- Pib siv ib tug me nyuam pas txhuas hniav thaum cov niam pib tshwm.
- Tham txog rov mus ntsib kws kho hniav dua los yog siv ib tug roj hmab ua si txog kws kho hniav. Nyeem ntawv txog mus ntsib kws kho hniav. Txawm koj tus (cov) me nyuam tsis tau txawj hais lus los lawv hnov tau cov lus koj hais thiab paub txog koj txoj kev xav. Tsis txhob hais cov lus “mob los yog raug mob.”
- Sau cov lus nug los yog kev txhawj xeeb uas koj muaj. Nws tsis yog ib qho phem yog tus me nyuam chim tom chaw kho hniav. Koj daim ntawv teev cov lus nug no yuav pab koj nco qab ntsoov, thaum koj xwv koj tus me nyuam kom nws txhob



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## 3 Qho Kev Ntseeg Zoo 2 Mus Ntsib Kws Kho Hniav Thaum Muaj Hnub Nyooog 1



# 1 Nrhiaiv ib tug kws kho hniav koj tus me nyuam nyiam

- Nug koj tus kws kho hniav seb lawv puas kuaj me nyuam yaus cov hniav los yog seb koj koj puas tau koj tus me nyuam mus kuaj lwm zaus.
- Yog hais tias koj tus kws kho hniav tsis kuaj cov me nyuam yaus, nug kom lawv muab ib tug kws kho hniav uas kam tham nrog koj tu me nyuam tus kws kho mob.
- Lub chaw kho hniav koj xaiv yuav tsum:
  - Ntaus kev phooj ywg zoo rau koj thiab koj tus me nyuam.
  - Paub txog me nyuam yaus thiab lawv txoj kev loj hlob.
  - Maj mam kuaj koj tus me nyuam, txawm hais tias nws quaj los yog nti nti
  - Qhib siab dawb paug teb koj cov lus nug.



# 2 Txais kev kho hniav ua ntej nws ua ib qho teeb meem loj

Thaum koj tus Me nyuam mus kuaj hniav thawj zaug, tus kws kho hniav yuav kuaj:

- Cov hniav yuav tsim li cas
- Teeb meem thaum hniav tuaj
- Seb cov hniav puas tom ua ke
- Cev nqaij daim tawv ntawm cov pos hniav thiab ob sab plhu
- Yam tseem ceeb uas muaj feem rau txoj kev pheej hmoo ntawm kab noj hniav

Thawj zaug tseem ceeb heev rau koj to taub koj lub luag hauj lwm rau koj tus me nyuam txoj kev noj qab haus huv ntawm cov hniav. Qhov no muaj xws li tu hniav ua ntej thiab tom qah kuaj hniav, kev siv fluoride thiab tej zaub mov koj tus me nyuam noj.

**Me nyuam cov hniav yuav tsum saib xyuam, thiab!**

# 3 Tiv thaiv koj tus me nyuam txoj kev luag nthxi mus ibtxhis

Me nyuam cov hniav yog ib qho tseem ceeb rau koj tus me nyuam txoj kev loj hlob.

Yog tsis tu, yuav mob thiab ua rau me nyuam lov hniav sai tshaj lwm tus yuav ua nws muaj kev mob nkeeg mus tag li, xws li teeb meem nrog kev hais lus, txoj kev hniav tuaj thiab seb koj tus me nyuam lub ntsejmuag zoo li cas.

Nyob nrog cov hniav muaj mob yuav ua rau nws kawm ntawv tsiszoo, thiab koj tus cwj pwm tsis zoo.

Peb paub koj xav kom koj tus me nyuam loj hlob nrog kev zoo siab thiab noj qab nyob zoo.

**Thiab nws txoj kev luag nthxi puas tsim nyog?**

